



UNC  
HEALTH CARE

# well



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LEADING. TEACHING. CARING. | SUMMER 2012

## Diving IN

When Rick Allen  
was faced with a  
sink or swim moment,  
he chose to swim.

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**TELL US WHAT YOU  
THINK. TAKE OUR 2012  
READER SURVEY.**

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# Triumph Over Tragedy

**Every once in a while, we meet an extraordinary person** who really inspires us. Rick Allen is one of those people. He survived a horrific accident and has found the determination to return to his passion of underwater videography. His recovery has been a long journey, but Allen accepted the challenge with humor, a great attitude and the support of his wife of 20 years.

Before we launched *Well*, we asked you, our readers, for your thoughts on what you would like to see in the magazine. Now that we've been around for a couple of years, we would like to hear from you again. What do you like about *Well*? What topics are you most interested in reading about? What would you like to see changed?

Please take a few minutes to complete our online survey so we can be sure we're bringing you the best issues in the future. To take the survey, visit [www.surveymonkey.com/s/Well2012](http://www.surveymonkey.com/s/Well2012).

Kind regards,  
*Well* editorial team  
 UNC Health Care



## Keep the Comments Coming!

Let us know what you think of *Well* magazine. Send your comments or questions to Jennifer Breedlove at [publications@unch.unc.edu](mailto:publications@unch.unc.edu).

**On the Cover:** Photo courtesy of Cindy Burnham, [www.luckyshotproductions.net](http://www.luckyshotproductions.net).

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**UNC**  
HEALTH CARE



## UNC Health Care Named a 'Healthy Hospital'

In 2011, UNC Health Care reduced supply costs by \$415,703 and diverted 8,301 pounds of medical waste away from local landfills, enabling the reallocation of substantial resources to patient care quality initiatives. Because of this dedication to reducing waste and investing in environmentally sound health care practices, UNC Health Care was honored with the Healthy Hospital Award from Stryker Sustainability Solutions.

"Surgical Services at UNC has been involved in remanufacturing for many years, but with the increase in supply costs, the desire to decrease waste and cost consciousness in general, the push to reprocess is even greater," says Maria Maag, RN, clinical

business analyst for Surgical Services at UNC Health Care and coordinator for the Stryker Sustainability program at UNC.

"The Healthy Hospital Award reflects UNC Health Care's commitment to smart health care through the optimization of hospital resources, which improves overall quality of patient care," says Lars Thording, Stryker Sustainability Solutions' senior director of Marketing and Public Affairs. "The health care industry is at a critical resource-management juncture, and we need more leaders like UNC Health Care that are employing innovative solutions to reduce costs and waste while increasing quality care."

## A Recognized Leader in Diabetes Care

Diabetes affects nearly 25.8 million American children and adults, according to the American Diabetes Association (ADA). As a leader in diabetes care, UNC Health Care is world-renowned in endocrinology and primary care and is

Recently, UNC Health Care received the 2012 Provider of the Year Award.

committed to the Patient Centered Medical Home model.

"I believe that UNC Health Care has the best and brightest physicians, clinicians and staff members who put their heart and soul into delivering the best, cutting-edge care possible to each

and every patient," says Robb Malone, PharmD, CPP, vice president of Practice Quality and Innovation.

Recently, UNC Health Care received the 2012 Provider of the Year Award from the Eastern North Carolina Chapter of the ADA. The award is given to five ADA-recognized education programs that exceed national standards for excellence in caring for individuals who have diabetes.

"This is tremendous validation of the meticulous, broad-based and innovative approach that UNC Health Care has used to improve care for people with diabetes for more than a decade or more," says John Buse, MD, director of the UNC Diabetes Care Center and chief of the Division of Endocrinology and Metabolism at UNC Health Care.





## UNC Health Care Scores High in Patient Safety

In a new national report, known as the Hospital Safety Score, both UNC Health Care and Rex Healthcare received A grades for patient safety, the highest scores of any hospital in the Triangle. Also, they are among just 14 hospitals, out of 70 hospitals graded in the state, to receive a top ranking.

**"Close attention to quality is at the heart of everything we do here for our patients and their families."**

—Brian Goldstein, MD, MBA, executive vice president and chief operating officer of UNC Hospitals

"UNC Health Care and Rex are committed to the best quality of care for our patients, and our A grades are yet another benchmark that indicates we are moving in the right direction," says Brian Goldstein, MD, MBA, executive vice president and chief operating officer of UNC Hospitals. "Close attention to quality is at the heart of everything we do here for our patients and their families, and we are proud to be recognized as the best in the Triangle for safety."

The Hospital Safety Score, administered by The Leapfrog Group, compares hospitals nationwide and grades them A through F.

"Rex and UNC Health Care have made significant investments in patient safety and constantly look for new ways to improve," says Rex Healthcare Chief Medical Officer Linda Butler, MD. "These high grades reflect great efforts from employees and physicians throughout both institutions. Everyone at Rex and UNC recognize the importance of safety and quality, and we strive to be counted among the top hospitals nationwide."



From left to right: Meg Segal (award co-presenter), Jennifer Davis (Billing Manager), Matt Segal (co-presenter), Amy Stimm (Billing Supervisor) and Lezlee Rutchka (nominee).

## UNC Health Care Employee Wins Patriot Award

Lezlee Rutchka is an Air Force veteran who works at UNC Health Care as a patient financial service representative. She is also an Employee Ambassador who volunteers with USO, which is perhaps best known for its USO Tours that send some of the nation's top celebrities and entertainers to perform for military members stationed around the world.

Through her work with USO, Rutchka heard about an award that recognizes employers for their efforts to support members of the National Guard and Reserve. The Patriot Award is given by the National Committee for Employer Support of the Guard and Reserve (ESGR). Nominated employers must demonstrate leadership and personnel practices that support employee participation in the Guard and Reserve.

"The Patriot Award and similar awards given by the ESGR are a great way to recognize employers that are supportive of military co-workers," says Rutchka, who nominated her manager Jennifer Davis.

Davis is always willing to make donations or provide support, says Rutchka, and she works with Rutchka's schedule to allow her to take time off to attend USO events.

Nominated employers must demonstrate leadership and personnel practices that support employee participation in the Guard and Reserve.

"Hopefully, other employers will view this award as an honor and strive to receive similar accolades, motivating them to work with and support employees that are members of the military," says Rutchka.

# Partners in Health Care

Carolina Advanced Health helps those with chronic illnesses through a collaborative approach.

BY STEPHEN R. WERK

**I**n December 2011, UNC Health Care and Blue Cross and Blue Shield of North Carolina (BCBSNC) launched a groundbreaking medical practice in Chapel Hill. This unique collaborative venture aligns the two organizations to improve outcomes of patients with chronic diseases while reducing health care costs. David R. Rubinow, MD, chair of the Department of Psychiatry and director of Innovation and Health Care System Transformation, co-led UNC Health Care's collaboration with BCBSNC.

The new practice, named Carolina Advanced Health, brings together a comprehensive, coordinated team of primary care physicians and other health care professionals, including professionals trained in internal medicine, family medicine, behavioral health, nutrition, medication management, laboratory services and care management. The collective mission is to improve all aspects of care that contribute to the better health and long-term wellness of each patient.

"The collaborative nature of this practice, which is the first of its kind in North Carolina, is truly exciting," says Thomas K. Warcup, DO, medical director of Carolina Advanced Health. "I believe by incorporating BCBSNC as a partner and working together on a basis of mutual trust and common goals we'll be able to improve patients' quality of life and enhance overall health care value."

Carolina Advanced Health is a three-year pilot practice designed to provide integrated care to 5,000 BCBSNC members with chronic conditions, including diabetes, high cholesterol, high blood pressure, asthma, COPD/obstructive lung disease, heart disease and congestive heart failure.

## A Unique Approach

"The focus of Carolina Advanced Health is not just on diagnosing and treating a specific disease, but approaching care from a holistic perspective," says Carol Lewis, MBA, a faculty member in the Department of Psychiatry and the lead project manager behind the design and implementation of the practice. "This allows us to better identify all the underlying factors and risks contributing to chronic illness and to address them all in an integrated manner."

Carolina Advanced Health incorporates a three-pronged, patient-centered approach to providing care:

- Comprehensive, proactive and continuous care
- Self-support services to help patients play a greater role in managing their illnesses

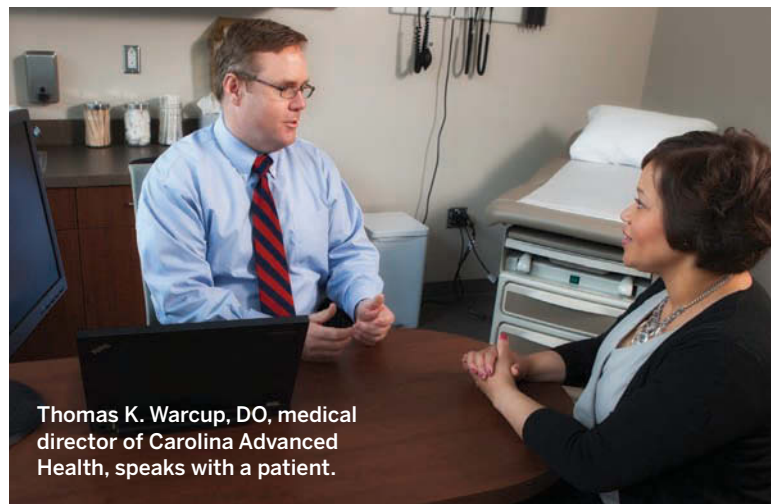


PHOTO: ERIK SVENSSON

Thomas K. Warcup, DO, medical director of Carolina Advanced Health, speaks with a patient.

- Access to the practice's team of physicians and health care professionals

Carolina Advanced Health relies on its multidisciplinary team of health care providers and a state-of-the-art disease registry to help it measure the severity of chronic illnesses and adhere to established, evidenced-based protocols designed to improve treatment and clinical outcomes.

"We want to better engage patients in the management of their disease so they are more involved partners in health care treatment and can make healthier decisions," says Lewis.

An integral part of that is improving patient awareness and knowledge, which are essential to changing behavior that can negatively affect their health. Patients in the pilot program will have access to services designed to help them be more involved in their own health care.

Working together to develop the practice has given everyone involved the opportunity to examine areas of health care that need to be redesigned and to target challenges that can be approached creatively through a joint effort.

"Both health care organizations strongly believe it is very possible to deliver comprehensive, high-quality medical services that will improve patient outcomes and bend the cost curve," adds Dr. Rubinow, chair of the Department of Psychiatry and director of Innovation and Health Care System Transformation. "Certainly, an important component of the practice is eliminating the inefficiencies that are driving up health care costs." For more information, please visit [www.carolinaadvancedhealth.org](http://www.carolinaadvancedhealth.org). ■

Follow these tips to ensure safe fun in the sun.

# Summer Safety



**S**UMMER IS A TIME to take a dip in the pool, enjoy the warm weather and participate in more outdoor activities. However, spending more time in the sun and in the water creates increased risk for injury. UNC Health Care offers the following information and safety tips to help prevent injuries and create a more enjoyable, safe summer for you and your family.



## SUN

While everyone needs some sun exposure to produce vitamin D (which helps in the absorption of calcium for stronger and healthier bones), unprotected exposure to the sun's ultraviolet (UV) rays can cause damage to the skin, eyes and immune system. Although there are other contributing factors, including heredity and environment, sunburn and excessive UV light exposure does damage the skin, which can lead to skin cancer.



The best way to prevent sunburn in children over 6 months of age is to follow these tips from the American Academy of Dermatology:

- Generously apply a broad-spectrum, water-resistant sunscreen with an SPF (sun protection factor) of at least 30 to all exposed skin.
- Wear protective clothing, such as a long-sleeve shirt, pants, a wide-brimmed hat and sunglasses, whenever possible.
- Seek shade when appropriate. Remember that the sun's rays are strongest between 10 a.m. and 4 p.m. If your shadow is shorter than you are, seek shade.
- Use extra caution near water, snow and sand, which reflect the damaging rays of the sun and can increase your chances of sunburn.
- Get vitamin D through a healthy diet that may include vitamin supplements.
- Do not use tanning beds. UV light from the sun and tanning beds can cause skin cancer and wrinkling.
- Check your birthday suit on your birthday. If you notice anything changing, growing or bleeding on your skin, see a doctor immediately. Skin cancer is very treatable when caught early.
- Be sure to remember that many over-the-counter and prescription medications increase the skin's sensitivity to UV rays. As a result, people can develop a severe sunburn in just minutes when taking certain medications.

## WATER

Although most drownings occur in residential swimming pools, children can drown in just 1 inch of water (such as in buckets, bathtubs, wading pools, toilets and hot tubs). In addition, open waters such as oceans, rivers and lakes pose a drowning threat.



Parents are advised to take the following preventive steps to protect their children from drowning:

- Never leave your child unsupervised near water at home or around any body of water, including a swimming pool.

- Learn CPR and infant and child first-aid.
- Do not rely on personal flotation devices or swimming lessons to protect your child.
- Install childproof fencing around swimming pools.
- Make sure you have rescue equipment, a telephone and emergency phone numbers near the swimming pool.
- Insist that your child wear a U.S. Coast Guard-approved personal flotation device on boats at all times.
- Do not allow children to dive in water that is less than 9 feet deep.

## INSECTS

Because of a mild winter, experts are predicting an increase in the number of insects this summer. That means extra precaution is needed to prevent the discomfort and sometimes allergic reaction that often accompany a sting or a bite. Stings can occur anywhere on the body and can be painful and frightening for a child. Yellow jackets cause the most allergic reactions in the United States, and stings from these insects cause three to four times more deaths than poisonous snakebites, due to severe allergic reaction. Fire ants, commonly found in North Carolina, can sting multiple times, and the sites are more likely to become infected.



The two greatest risks from most insect stings are allergic reaction, which can be fatal, and infection, which is more common and less serious.

General guidelines to help reduce the possibility of insect stings while outdoors include:

- Avoid perfumes, hairspray and other scented products.
- Avoid brightly colored clothing.
- Do not let your child walk or play outside barefoot.
- Spray your child's clothing with insect repellent made for children.
- Make sure your child avoids locations of hives and nests.
- Teach your child that if an insect comes near to stay calm and walk away slowly.

Some additional preventive measures for children or adults who have a known or suspected allergy to stings include the following:

- Carry a bee sting kit (such as EpiPen) at all times and make sure your child knows how to use it.
- Make sure your child wears long-sleeve shirts and long pants when playing outdoors.
- See an allergist for allergy testing and treatment.

Use these guidelines to help alleviate some of the worry associated with outdoor activities so you and your family can make the most of this summer.

For specific questions or concerns about summer safety, contact your primary care physician. ■

After a freak accident left him without a left arm and with second- and third-degree burns, Rick Allen is back to doing what he loves to do: scuba diving.





# Diving IN

When Rick Allen was faced with a sink or swim moment, he chose to swim.

BY STEPHANIE SOUCHERAY

*Photos by Cindy Burnham*

A year and a half ago Rick Allen lay in his front yard and made a decision.

“I had that moment where I knew that I could just let go. I felt like a disinterested observer,” says 49-year-old Allen, “but then I thought, ‘Oh no! This is not my day to die.’”

Minutes earlier, Allen was in his Fayetteville garage, returning from a Carolina Hurricanes game, when he heard a loud pop. An underwater videographer and documentarian who has filmed shipwrecks off North Carolina’s coast for National Geographic, the Discovery Channel and the BBC, Allen had laid out his scuba diving gear for an annual inspection. As he was entering his house, an oxygen tank exploded, severing his left arm, slicing his torso and covering 20 percent of his body with second- and third-degree burns.

“I felt the pressure wave hit me,” says Allen, “but when I tried to settle myself, my arm was gone.”

Allen, his skin charred from the blast, stumbled into his house to find his wife, Cindy Burnham, was also injured in

the explosion. The tank’s discharge caused the electricity to go out and the walls in their garage, kitchen and master bedroom to shake and crumble. Cindy was able to call 911 on her cellphone and use the fire extinguisher on Rick, who then tried to put out the fire in the garage. Together they waited for neighbors and EMTs to arrive. When Allen heard the firefighters say “chopper,” he guessed his destination.

“I figured I was going up to Chapel Hill, to UNC,” says Allen. The firefighters took him to a helicopter that whisked him 60 miles north to the North Carolina Jaycee Burn Center at UNC Health Care.

That was January 3, 2011.

Allen was kept in a drug-induced coma as doctors operated on him, performed skin grafts, fought infections and saved his life. He didn’t wake up until March 1.

Bruce Cairns, MD, director of the Burn Center, says Allen’s injuries were rare, even for the Burn Center, which is the Southeast’s largest burn unit and admits more than 1,000 patients a year along with several thousand outpatients.

“We may see one or two cases like Rick’s each year,” says Dr. Cairns. “But his situation was particularly challenging because of the combination of his injuries.” Not only did

Cindy Burnham is hugged by her friend Nomee Landis while talking to Bruce Cairns, MD, about her husband's condition. Rick Allen's mother, Anne Allen, is reflected in the mirror.

Allen have second- and third-degree burns, but he also suffered trauma with an upper arm amputation and had wound infections on his torso. "Everything we did was contingent on if another area was healed enough for us to proceed," says Dr. Cairns. "It was like putting together a jigsaw puzzle, but the consequences could be life and death."

Not all of Allen's injuries were apparent Jan. 3. He developed inhalation problems about a week into his stay at the hospital.

"For two months I have no memories, except dreams," says Allen. "I dreamt I was underwater, diving a shipwreck."

Allen, who grew up in Texas watching Jacques Cousteau documentaries and took his first scuba course as an undergraduate student at North Carolina State University, later learned those dreams occurred when he was put on a respirator. Doctors were initially concerned about Allen's slow and deep breathing patterns, but Burnham assured them they were normal for someone who loved to dive as much as Allen.

"I explained that Rick's breathing was mimicking his actions in the ocean," says Burnham. "It was him in his Zen space."

### Family Involvement Proves Essential

Allen may have been asleep and deep-sea diving in his dreams, but his wife was overseeing his care at the bedside. Burnham, a senior photographer for the *Fayetteville Observer*, decided that the best way she could handle Allen's injuries was to treat him as an assignment.

"I had my 'concerned wife' face on for three days," says Burnham, whose injuries were not life-threatening. "Then it was like a job. It was my way of dealing with the grief." Armed with an iPad, a thick three-ring binder, supportive friends and a camera, she took a decidedly active role in Allen's care.

"We welcome participation from the family, always," says Dr. Cairns. "We need them more than they need us." The Burn Center is an inherently multidisciplinary care center, relying on daily meetings between doctors, nurses and social workers to determine each patient's plan of action. Dr. Cairns says they also rely on family members to advocate for a patient's needs.

"There was one point where they were looking to take off skin from his back for a graft," Burnham says. Knowing how scars and itchiness on his back would bother Allen when he resumed diving, Burnham made a suggestion to Allen's surgeon Samuel Jones, MD, the associate director of the Burn Center. She asked that the skin be removed from Allen's chest instead of his back.



Rick Allen shows off his new stainless, carbon fiber and titanium arm created by UNC Prosthetics. The arm is designed for salt water, which is highly corrosive.





"At first Dr. Jones hesitated," Burnham says, "but then he understood why that made sense, and that is what they went with in the operating room." Dr. Jones, however, stopped short of fulfilling Burnham's other request.

"I wanted to see if they could make the graft in the shape of a shark bite," she says. "I thought Rick would think it was funny."

## Humor Helps Healing

Allen and Burnham, who celebrated their 20th wedding anniversary this summer, have always shared a great sense of humor. In fact, for their wedding they chose a pirate theme. Allen and Burnham believe this same sense of humor and years of scuba diving experience made Allen's recovery possible.

Allen likes to say, "Scuba is space travel for poor people." On a more serious note, he adds, "but if you panic, you die. Cindy and I never panicked throughout this whole thing."

After his surgeries, Allen began laser therapy to encourage collagen production on areas of his body that had been burned. He also began physical therapy and rehabilitation shortly after he woke up. His goal was to get back in the water by October, so he could dive and film an expedition on the *Queen Anne's Revenge*, the flagship of Blackbeard the pirate. However, to do that, Allen needed a left arm to help him carry the 50 to 150 pounds of lights, camera and scuba equipment required for underwater videography.

Enter Derek Frankena, a prosthetist at UNC Prosthetics/Orthotics. After five meetings over two weeks, Frankena presented Allen with a prosthesis that met his unique needs.

"Salt water is corrosive, so we wanted something durable, waterproof and strong," says Frankena, who built a 3-pound

titanium and stainless steel left arm that Allen could use for diving or everyday activity. The prosthesis is body-powered and hooks onto Allen's body via a harness slung over his right side.

The prosthesis looks more robotic than human, but Allen is happy with it. "What I have is a really expensive pair of pliers," he says. To learn how to use those pliers, Allen underwent evaluation to determine the appropriateness of the prosthesis at the UNC Amputee Clinic with Michael Y. Lee, MD, MHA, medical director and chair of the UNC Department of Physical Medicine and Rehabilitation.

"Rick was very motivated and passionate," says Dr. Lee. "We just had to match that with technology." After determining that Allen was able to manage the prosthesis, Dr. Lee and the team began training Allen on how to wear and care for his new limb.

By March 22, Allen left Chapel Hill and continued physical therapy closer to home, at Fayetteville's Cape Fear Valley Medical Center. Dr. Lee and his team were in communication with Allen's local medical team about his continued prosthetic training.

Allen met his goal to get back in the water by Oct. 2, 2011, working on the Blackbeard shipwreck project, and this summer he took his first offshore, or deep-sea dive, among World War II wrecks. Though he says his prosthesis lacks the dexterity of a hand, Allen says he is grateful the care he received at UNC Health Care allowed him to return to work.

"I succeeded because of my team of doctors, nurses and therapists," says Allen. "Even though I went to State, I knew I had the A-Team at UNC. For them you can really tell it's more than a job." ■

On Sept. 3, 2011, Rick Allen began testing his new prosthetic arm in a swimming pool. Allen holds his underwater housing for his video camera.



# Delivering Variety and Freshness

UNC Health Care's meals elevate "hospital food" to a whole new level.

One of UNC Health Care's best-kept secrets is out—and that's a good thing! A recent post on the organization's Facebook page included a picture of a gourmet-style meal from the hospital along with the following comment: "The stigma about hospital food being bad ... UNC Hospitals just shattered it!"

More patients and family members are starting to recognize what insiders have known for years. The food served at UNC Hospitals is not stereotypical "hospital food." Meals are prepared with fresh ingredients, not canned or prepackaged items, and the difference is delicious.

"We believe we make great, restaurant-quality food," says Angelo Mojica, MPH, RD, director of Food and Nutrition Services at UNC Health Care.

## A Matter of Choice

Looking for ways to bring patients more menu options during their stay, Mojica and his team spent the last couple of years developing a new restaurant delivery service.

"When you go to a hotel, they have a delivery menu," says Mojica. "So we've chosen our best restaurant-quality food, and we deliver that food to your bedside." Unlike a typical room service menu that

has about 17 entrees to choose from, the restaurant delivery menu at UNC Hospitals has more than 90.

"No one has ever done this before," says Mojica. "No one would try it because it is such a big undertaking, but we think it's a model that can be used in other hospitals."

Previously, patients were offered a chef's special. If they didn't like the chef's special that day, they could choose from a small selection of other items. Now, patients are given a menu that includes a large variety of options from the different restaurants at UNC Hospitals. Because the food is made to order, patients can have it the way they want it, which means it is fresher, and there is less waste.

While the delivery program is still new, the response has been very positive. In particular, patients like that their family members can also order off of the delivery menu and eat with them. Family members can pay for their meal with a credit card, or they can purchase a food ticket with cash.

The delivery menu is available from 7 a.m. to 7 p.m. Eventually, it may become a 24-hour service.

"We are now able to offer more variety to suit the needs of more people," says Mojica. "With this menu, we can do things that we couldn't do before."

### Something for Everyone

The restaurant delivery menu features daily specials, a children's menu and identifies heart-friendly meals.



PHOTO: SARAH MATISTA PHOTOGRAPHY



“If you’re an adventurous eater, you have those foods available to you, but we also have everyday favorites that appeal to most people.”

—Angelo Mojica, MPH, RD, director of Food and Nutrition Services at UNC Health Care



## Calypso Chicken with Down Island Salsa

This is just one of the healthy menu options you will find on the new restaurant delivery menu. Bon appétit!

### Ingredients

#### Marinated Chicken

¼ c. diced onions  
¼ c. diced peppers  
¼ c. canola oil  
½ c. pineapple juice  
3 Tbsp. lime juice  
1 garlic clove, chopped  
8 boneless chicken breasts

#### Down Island Salsa

2 Tbsp. light brown sugar  
2 Tbsp. lime juice  
1 jalapeño pepper, very finely diced  
1 tomato, finely diced  
4 oz. pineapple, diced  
2 Tbsp. roasted pepper, diced  
¼ c. cilantro, chopped  
8 oz. mango, diced

### Directions

1. Combine first six ingredients. Add chicken and refrigerate for one hour.
2. Mix all salsa ingredients together and refrigerate while you cook the chicken.
3. Remove chicken from marinade and discard marinade. Grill chicken until thoroughly cooked. Top with salsa and serve.

### Nutritional Information (per 6 oz. of chicken, 2 oz. of salsa)

260 calories, 40 g protein, 8 g fat.

### Try It! Then Tell Us



Visit our Facebook page and tell us about your experience making this recipe at home:

[www.facebook.com/unchealthcare](http://www.facebook.com/unchealthcare).

# CALENDAR

Health events, classes  
and support groups  
from UNC Health Care

## Community Classes

*Advanced registration is required for all classes, meetings and tours. FREE classes, and Medicaid, UNC student and employee discounts are available (please contact the center for details). For more information or to register for a class, please visit our website at [www.nchealthywoman.org](http://www.nchealthywoman.org) or call (919) 843-8463.*

### Prepared Childbirth, also en Español (Clases de Parto)

Learn how to increase your confidence in your ability to give birth and learn various coping strategies and labor techniques. Each class focuses on how mother and partner can work together to have a healthy and positive birthing experience.

### Refresher Childbirth Class

A birth class designed for parents who have already had a child to review the current recommendations and trends. **\$40 per couple**

### Mentoring Other Mothers (MOM) Networking Group

Share your concerns, joys, tips and experiences during these weekly sessions with other new mothers in a relaxed setting, while gaining insight from an experienced mom and a trained facilitator. Free if you attended a UNC Prepared Childbirth course.

### “Kids Cooking—Dinner”

This program includes hands-on dinner preparation and fun activities using pedometers. Kids ages 7 to 12 will learn healthy tips for healthy living. Registration is required. **Tues., Sept. 18, 4:30–6 p.m. \$5 for members, \$10 for nonmembers.**

### Prenatal Yoga

We offer three- and five-week sessions as a great way for an expectant mom to optimize her health and comfort during pregnancy.

### Prenatal Baby Massage

Learn the gentle art of massaging your baby! Taught in two sessions, this hands-on class will introduce parents/caregivers to the basics of infant massage. Infants ages 1–6 months may participate.

### CPR for Family and Friends, also en Español

A fantastic class that teaches the latest CPR techniques for infants, children and adults and provides information about injury prevention.

### Boot Camp for New Dads

One of our most popular classes—just for men! Our new dads-to-be meet with “veteran” dads and their newborns to learn tips, strategies and advice on changing diapers, soothing crying babies, handling finances, taking care of Mom and more.

### Breastfeeding

Pam Freedman of the La Leche League teaches this essential lactation class that acquaints couples with the basics and techniques of breastfeeding.

### 4th Trimester: Life with a Newborn

Moms-to-be learn some of the basic skills needed to care

for a newborn, such as sleep management, crying and soothing techniques, dealing with illness, etc.

### Baby in the Dog's House

Barbara Long, CPDT (certified pet dog trainer), will reveal the secrets to preparing the family dog for the arrival of a new baby.

### Photographing Your Baby

Dilip Barman, Triangle photographer and instructor, unveils easy-to-use techniques for capturing vibrant photos of your baby.



### Sign Language for Budding Babies

Certified ASLA (American Sign Language Association) instructor Jessica Kelly will help you learn how to enrich your child's speech and language, boost vocabulary, increase self-confidence, and stimulate intelligence through the use of American Sign Language.

### Choosing & Using Child Care

Representatives from our local child-care services department will talk briefly on how to recognize and find quality child care in your community for infants, toddlers and school-age children.

### Maternity & Sibling Tours, also en Español

Tours of our Labor and Delivery

and Maternity Care centers are designed to answer your questions concerning the logistics of having your baby at UNC Hospitals. Sibling tours are designed for families with children ages 3 to 8.

## Wellness Center Classes

*To register for Wellness Center classes, stop by the registration desk at the Wellness Center. For more information, call (919) 966-5500 or visit [www.uncwellness.com](http://www.uncwellness.com).*

### Weigh to Wellness

Weigh to Wellness is a 12-week weight loss program that integrates nutrition education with exercise. Each participant receives educational materials, weekly discussions with a wellness coach and weekly feedback from a dietitian about eating habits. **Aug. 20–Nov. 12 (orientation Aug. 13), 12:30–2:30 p.m. and Aug. 23–Nov. 8 (orientation Aug. 16), 6:30–8:30 p.m.**

### American Red Cross Blood Drive

The American Red Cross and the UNC Wellness Center are hosting a blood drive. Give blood, save a life! Sign up at [www.unc.givesblood.org](http://www.unc.givesblood.org) or call (919) 966-5500. **Tues., Sept. 11, 2–6:30 p.m.**

### Jump-Start College Planning

This program helps middle and early high school students and their parents begin the process of college admissions planning. **Tues., Sept. 25, 6:30–8 p.m.**

### Food Allergies and Intolerances

Susannah Southern, RD, will discuss the difference between a food allergy and an intolerance and what alternatives are available. **Wed., Sept. 12, 6:30–8 p.m.**







### Ask the Dietitian—Fruits and Vegetables

September is National Fruit and Vegetable Month! Learn about new ways to incorporate fresh fruits and vegetables into your diet. **Wed., Sept. 19, 9:30–10:30 a.m.**

### Nutrition Wiz Kidz: Nutrition Education for Pre-Teens

Getting proper nutrition can last a lifetime and starting good habits when we are young helps to ensure that. For ages 9 to 12. **Mon., Sept. 24, 5–6 p.m., Marvelous Milk; Wed., Oct. 17, 5–6 p.m., Oils/Sugars/Junk and Fast Food.**

### Super Foods for a Super You

This presentation will discuss “super foods,” how they help



your body, and how to include them into your diet to maximize the benefits. **Mon., Oct. 29, 6:30–8:30 p.m.**

## Comprehensive Cancer Support Program

*These integrative medicine services and classes are held in Chapel Hill at Carolina Pointe II, 6011 Farrington Road, or at the N.C. Cancer Hospital's Patient and Family Resource Center. For more information and to register, call (919) 966-3494.*

### Massage for Cancer Patients and Family

A professional massage therapist with specialized training works with people confronting cancer. Call (919) 957-6600 to schedule an appointment.



### Caregiver Conversations

Support for families and friends caring for a loved one with cancer. Hosted by the Patient and Family Advisory Board and held in the Patient and Family Resource Center. **The second Tuesday and fourth Thursday of every month at 10 a.m.** Contact Loretta Muss at (919) 445-5336 for more information.

### Single Fathers Due to Cancer

Support for single fathers facing the challenges of raising children following the loss of their wives to cancer. **Third Monday of every month, 6–7:30 p.m.** at Carolina Pointe. Child care will be provided.

### Support for Young Women with Breast Cancer

A new group addressing the special needs of young women, ages 19 to 45, confronting breast cancer. **First Tuesday of every month, 7–8:30 p.m.** at Carolina Pointe.

## Support Groups

Support groups assist patients and family members dealing with a variety of diseases and disorders. For information on where and when the groups meet, contact the person listed below.

### A.W.A.K.E. Sleep Apnea Support

Rebecca Torres  
(919) 966-4401

### Bariatric Surgery

Tara Zychowicz, FNP  
tarazych@med.unc.edu

### Getting Your Bearings

Cornucopia Cancer Support Center  
(919) 401-9333

### Grief

UNC Hospice Office, Pittsboro  
Ann Ritter  
(919) 542-5545

### Grief

**Recovery Group**  
UNC Hospitals Bereavement Support Services  
Heidi Gessner  
(919) 966-0716

### Infertility—RESOLVE Support Group

triangleinfertility@gmail.com

### Living with Metastatic/Advanced Cancer

(919) 401-9333

### Prostate Support & Education Group

(919) 965-4025

### Sanford Center (cancer)

Enrichment Center, Sanford  
(919) 776-0501

### Sanford/Lee County Stroke Support Group

Joy Phillips Murphy  
(919) 776-0501

### Sarcoidosis

(919) 966-5311

### Stroke

Jocelyn Crawford  
(919) 966-2029

### Support for People with Oral, Head and Neck Cancer (SPOHNC)

(919) 401-9333

### Triangle Bladder Cancer Support Group

6011 Farrington Road  
Liz Sherwood  
(919) 843-5069

### UNC Nicotine Dependence Program

(919) 843-1521

# NATIONAL REPUTATION: LOCAL ADDRESS

What's more, we have the numbers to back it up. UNC Hospitals ranked #1 among Triangle hospitals in eight of the 10 categories of the latest Hospital Consumer Assessment of Healthcare Provider Systems (HCAHPS) survey.

We're also home to more than 240 of The Best Doctors in America®—a list recognizing the nation's most respected specialist and primary care physicians. This impressive roll call represents the top 5% of doctors in the United States.

Both are prestigious examples of our commitment to providing world-class healthcare—all right here in the neighborhood.



UNC  
HEALTH CARE